

Positive Alternatives 2015-16 Quarterly Update

Grantee: Young Women's Christian Association of Duluth

Contact: Melissa Hellerud-Storie

Contact Information: (218) 624-5451 x 20; melissa@ywcaduluth.org

Goal: Provide necessary services to pregnant & parenting women in Duluth & surrounding areas.

For the period: January 01, 2016-March 31, 2016

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Hire and train program staff; Complete grant reporting forms; attend required grant meetings.		This quarter we continued to provide on-going training and support for PA program staff. All staff completed 12 week Circle of Security parent education training. In addition, overnight staff continue to participate in monthly reflective supervision with program director and case manager. Completed all reporting necessary and worked to fill out RFP to continue receiving PA funding for the future.	
Outreach	Maintain waiting list and provide any needed assistance or advocacy to women on the list; provide community education, maintain visibility, and collaborate with service providers.		The program case manager maintains an on-going wait list. In addition to receiving referrals from CoC homeless providers. Case manager maintains monthly contact with women on list. All wait list women are invited to participate in programming and have access to necessary services. Staff present about program in community and collaborate with outside organizations.	
Car Seat Program	Provide women with car seat education; provide car seats for women.	5	Three new program participants received 3 one hour 'car seat education' sessions this quarter through St. Louis County and the Duluth Fire Department. One car seat was provided to program participant.	10
Case Management Services	Provide participants with ILSP (Independent Living Skills Plan); review and update on quarterly basis; provide	7	Seven program participants received 91 individual case management sessions. All participants worked with Case Manager to either create ILSP and set goals, or update plans. Case manager provides transportation to women on wait list, current residents, and participants completing	91

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
	transportation for medical and advocacy appts; maintain wait list; following up monthly with wait list women.		necessary services intake assessment. Case manager maintains on-going monthly contact with women on wait list and those that have been referred to outside community resources.	
Child Care	Provide assistance with securing safe and affordable childcare; provide childcare assistance in specified circumstances.	4	Worked with 11 program participants on enrolling and/or maintaining secure place in childcare program. Also worked with participants on completing CCAP application and advocacy with county assistance systems.	22
Crib Distribution/ Sleep Safety Education	Provide pack and plays; Provide participants with sleep safety education.	5	Ten participants received 2 separate sessions of 'Sleep Safety Education' this quarter (10 participants X 2 sessions = 20). There were no pack and plays distributed this quarter.	20
Education Assistance	Provide daily tutoring services; provide education planning assistance; assistance with grant/scholarship applications, FAFSA, college visits & tours.	5	Six participants received weekly education and tutoring services this quarter. (6 participants X 13 weekly sessions = 78) In addition, staff went on 4 college tours with participants and completed 1 FAFSA (financial aid) application.	83
Employment Assistance	Provide assistance with resume building, job searching, mock interviews; referrals to community employment services.	5	Six program participants in a 10 week 'Employment Readiness' program. Participants worked on resume building, employability assessments, mock interviews, and attended job fair. We continue to collaborate with the YES! Duluth (Youth Employment Services) program to secure first time jobs for participants.	61
Financial Assistance	Provide advocacy & assistance completing mainstream benefits applications (MFIP, SNAP, etc); provide financial assistance obtaining basic need items.	5	Assisted seven residents with initial applications and on-going paperwork for mainstream benefits. In addition to assistance paperwork, program provided personal care items to several program participants and women on wait-list.	30

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Housing Assistance	Provide assistance securing safe and affordable housing; Provide residential housing and maintain 7 apartments.	5	Continue to maintain 7 efficiency apartments in secure building. Provide on-going maintenance, income based rent, and supportive services for 11 women this quarter. Assisted new residents with affordable housing applications and worked to transition women into independent living. All received 'Renters Rights & Responsibilities' programming.	33
Life-Skills Education Program	Provide minimum of 2 weekly life skill groups; provide a life skill learning environment and mentoring opportunities. All participants create ILSP (Independent Living Skills Plan) and quarterly updates. All residents complete Ansell-Casey Life Skills Assessment.	5	Women participate in 2 weekly life skill and parenting groups each week. Groups focus on communication, stress reduction, budgeting, cooking, organization, healthy relationships, and etc. In addition to Life Skills groups, all residents work with case manager to complete Ansell-Casey Life Skills Assessment; programming is based on results of residents scores.	193
Material Support	Provide basic needs such as food, diapers, baby, and maternity needs; provide assistance in obtaining basic needs from other resources.	5	Material support (formula, groceries, diapers, wipes, tampons, etc) were provided to participants when needed. In addition to providing basic need items, women were provided with resource referrals to move from crisis to stability.	25
Mental Health	Provide referrals for mental health assessments; provide assistance with any mental health treatment recommendations.	3	Five participants attend group therapy with on-site LICSW bi-weekly. Two have been referred to individual therapy and have undergone diagnostic assessments. Case manager provides transportation and assistance with childcare for appointments, when necessary.	18
Nutrition	Provide nutrition education; provide access to fresh produce through garden project; and provide food when needed.	5	Participants receive monthly nutrition education through UM-Extension office. Groups continue to focus on healthy meal planning, food safety, cooking, and budgeting.	33

Transportation	Provide transportation to appts; provide bus passes and assist with drivers license exam.	5	Women were provided transportation to appointments, assistance navigating public transportation, practice driving and car insurance education and assistance obtaining.	794
Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Parenting Education	Provide parenting education classes; Circle of Security Clinical based intervention programming. One on one parenting support, assistance in enrolling children in Early Childhood Education Program, Head Start, and ECCE.	5	Eleven participants attended weekly Circle of Security Clinical Intervention groups. All residents receive one on one parenting assistance and role modeling on a daily basis. In addition to Circle groups, residents attended 2 separate Abusive Head Trauma and Child Abuse Prevention groups. All current residents (7) and transitioning residents (4) have been assisted in enrolling children in childcare center and Head Start Program.	532
Pregnancy Education	Provide assistance with birth planning, referrals and support with birthing classes and finding a Doula. Provide pregnancy prevention in addition to prenatal health and wellness education.	2 or 3	Have provided 3 participants with referrals to pre-natal programs focusing on pre-natal health and positive pregnancy outcomes. Worked with 2 participants to create 'Birth Plans' for the delivery of their infants. Seven women participated in 5 weeks of 'Healthy Choices' pregnancy prevention programming.	40
Provide Necessary Services Assessments	Staff provides clients only intake assessments, information on, referral to, and assistance with securing necessary services.	5	Case Manager and Program Director provided Necessary Services Assessments to nineteen women this quarter, provided ten with referrals to outside resources. Fourteen were placed on the residential program wait list. In addition, several were provided with basic need items for themselves and infant.	48

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	1
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	9
<i>Number of women who received child abuse prevention education from PA funded program activity</i>	11
<i>Number of women who received abusive head trauma (shaken baby) education from a PA funded program activity</i>	11

<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded activity</i>	<i>0</i>
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	<i>10</i>

Challenges:

Comments: